

REMEMBER

SGBV is NOT your fault!

Worldwide many women, men, girls and boys experience physical or sexual abuse or other forms of SGBV in their lifetime. Anyone can become a victim of sexual and gender-based violence.

You are NOT alone! Help is available!

There are people who can help you, such as doctors, police officers, and social workers. If you have experienced or are experiencing SGBV, tell someone you trust or contact the organizations listed above.

HELP others stay safe as well!

If someone who has experienced or is experiencing SGBV reaches out to you, listen to them and remind them that SGBV is not their fault and that they are not alone. Tell them that help is available and encourage them to seek assistance. If they agree you can contact the organizations listed above together.

Share the leaflet and the video so that it reaches more people!

<https://youtu.be/KslE6Q7hXe8>



ABOUT US

The PROTECT project aims to strengthen national support services for victims of sexual and gender-based violence. PROTECT also aims to make these services available to refugees, asylum seekers and migrants, be they children or adults and including people identifying as LGBTI.

<https://eea.iom.int/PROTECT-project>



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Information on
**SEXUAL AND
GENDER-BASED
VIOLENCE**

THIS LEAFLET is designed for someone who has migrated to Hungary from another country. You may have come here seeking protection, employment, to study, or to be reunited with family members.

In Hungary **EVERY** person has the same rights regardless of age, gender identity, sexual orientation, language, religion or where they come from.

You have the **RIGHT** to enjoy a life free of any form of violence. If someone hurts or threatens to hurt you or someone you know, remember that you have the right to receive help and protection.

You are not alone. **HELP** is available.

SEXUAL AND GENDER-BASED VIOLENCE (SGBV)

What is SGBV?

SEXUAL AND GENDER-BASED VIOLENCE (SGBV) is violence directed against a person based on their sex, gender or gender identity. SGBV includes acts that cause physical, mental or sexual harm or suffering, threats with such acts, coercion and other deprivations of liberty. Perpetrators often use force, coercion, deception or manipulation. Most often SGBV is not recognised or reported.



What is the difference between sex, gender and gender identity?

A person's **SEX** is assigned at birth based on anatomical and biological factors, while **GENDER** is how society believes that people should behave (how they should dress and present themselves, what their roles and responsibilities should be, etc.) according to their biological sex. A person's **GENDER IDENTITY** refers to each person's deeply felt internal and individual experience of gender. This may or may not correspond with the sex assigned at birth, including the personal sense of the body (which may involve, if freely chosen, modification of bodily appearance or function by medical, surgical or other means) and other expressions of gender, including dress, speech and mannerisms.

Who belongs to the LGBTI community?

LGBTI is an umbrella term that intends to emphasize the diversity of biological sex, sexual orientation and gender identity referring, not exclusively, to lesbian, gay, bisexual, transgender and intersex people.



What are the main types of SGBV?

SGBV may be physical or psychological and among others it can take the form of domestic violence and intimate partner violence, economic abuse, emotional abuse, physical assault, sexual abuse and hate crimes against persons who may identify as LGBTI.

DOMESTIC VIOLENCE AND INTIMATE PARTNER VIOLENCE

Domestic violence is used to describe violence that takes place within the home or family between intimate partners as well as between other family members.

Intimate partner violence applies specifically to violence occurring between intimate partners (married, cohabiting, boyfriend/girlfriend or other close relationships), and is defined as behaviour by an intimate partner or ex-partner that causes physical, sexual or psychological harm. This includes acts of physical aggression, sexual coercion, psychological/emotional abuse and controlling behaviours. This type of violence may also include the denial of resources, opportunities or services.

ECONOMIC ABUSE

An aspect of abuse where the abuser controls a victim's finances to prevent them from accessing resources, working or maintaining control of earnings, achieving self-sufficiency and gaining financial independence.

● PHYSICAL ASSAULT

An act of physical violence that is not sexual in nature. Examples include: hitting, slapping, choking, cutting, shoving, burning, shooting or the use of any weapons, acid attacks or any other act that results in pain, discomfort or injury.

● SEXUAL ABUSE

Sexual abuse is the actual or threatened physical intrusion of a sexual nature, whether by force or under unequal or coercive conditions.

● HATE CRIME

Hate crime is a prejudice-motivated crime which occurs when a perpetrator targets a victim because of their membership (or perceived membership) in a certain social group (e.g. LGBTI community).

What other types of SGBV exist?

There are many other types of SGBV, including harmful traditional practices (e.g. female genital mutilation/cutting (FGM/C), forced marriage and child/early marriage), so-called honour crimes, and trafficking in persons.

To whom can SGBV happen?

SGBV can happen to ANYONE and it is never the victim's fault. Women and men, girls and boys, adults and children, people identifying as LGBTI can all become victims of SGBV. SGBV is NEVER justifiable.

Who can perpetrate SGBV?

ANYONE can perpetrate acts of SGBV. The perpetrator can be a complete stranger or someone you know, such as a family member, a friend or a romantic partner. SGBV can also be perpetrated by the state.

Where can SGBV happen?

SGBV can happen ANYWHERE: in your home country, during your journey to another country, and in the country you are currently living in. It can happen in private homes and in public places, such as at school, at work, and in reception centres.

Is SGBV my fault?

SGBV is never the victim's fault. Gender norms and unequal power relations are the root causes of SGBV. The perpetrator is the only person to blame.

What if I did not fight back?

It is very common not to fight back during an assault because you may panic and feel hopeless or trapped and you don't know what to do to get out of the situation. This does not mean that you consented to the violence.

What are the consequences of SGBV?

SGBV can have both physical and emotional consequences. Physically SGBV can cause bodily harm, pain, infections and women and girls can become pregnant without wanting to, among other consequences. The emotional consequences of SGBV can include trauma, nightmares, insomnia, headaches, and many different feelings such as anger, shame, sadness, guilt, fear. All feelings are valid, and Hungary has professional and confidential services to support victims. You are NOT alone.

REMEMBER

ANYONE can become a victim of SGBV

SGBV is NEVER the victim's fault

SGBV is always UNACCEPTABLE

You can ask for HELP



Those who migrate can be more vulnerable since they don't necessarily speak the language, and don't know the culture and customs of the country of destination and can be without the support of their family and friends. Vulnerability can increase the exposure to SGBV risks.

AVAILABLE SERVICES

What can I do if I or someone I know has experienced or witnessed SGBV?

Most of the forms of sexual and gender-based violence are criminalized in the Hungarian Criminal Code. In case you experience or witness any of its forms, you can contact the HUNGARIAN POLICE at the following numbers:

EMERGENCY CALL: 112 or 107

CRIME STOPPERS: +3680 555 111

SMS LINE for hearing impaired people: +3620 900 0107

What if I need legal assistance?

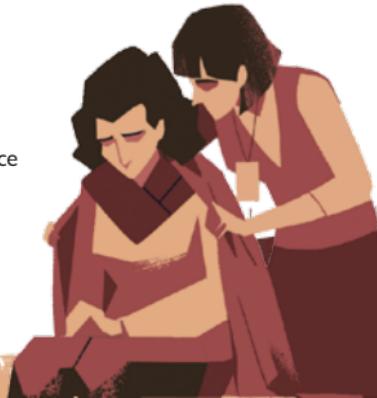
You can contact the HUNGARIAN HELSINKI COMMITTEE (Magyar Helsinki Bizottság) for free legal assistance. HHC is a non-governmental human rights organization that protects human dignity through legal and public activities. They provide help to asylum seekers, refugees, detainees and victims of law enforcement violence for free.

+361 321 4323, +361 321 4327, +361 321 4141

helsinki@helsinki.hu

www.helsinki.hu/en

facebook.com/helsinkibizottsag



What can I do if I am in need of psychological assistance?

You can contact **CORDELIA FOUNDATION** for the Rehabilitation of Torture Victims that provides mental and social support for victims of violence, torture survivors and traumatized asylum seekers, refugees, migrants and their family members through psychiatric, psychotherapeutic, psychological treatment and psycho-social counselling.

+361 349 14 50 / cordelia@cordelia.hu / www.cordelia.hu/en
facebook.com/CordeliaFoundation

What other services are available?

You can find some other relevant service providers in the list below:

MENEDÉK - HUNGARIAN ASSOCIATION FOR MIGRANTS

Menedék helps the social integration of refugees and migrants through a set of social, educational and cultural programs.

+361 322 1502
menedek@menedek.hu
www.menedek.hu/en
facebook.com/menedekegyesulet

Services are available in English and various languages.

HÁTTÉR SOCIETY

Háttér Society is the largest and longest operating lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI) organization in Hungary. They provide support services to LGBTQI people, protect the human rights of LGBTQI people and counter

discrimination against them.

+361 329 2670, +361 238 0046
hatter@hatter.hu
www.en.hatter.hu
facebook.com/HatterTarsasag

Information and Counseling Hotline (every day 18:00-23:00)
Hotline: 13737 (toll free), +361 329 3380
Skype: segelyvonal
Chat: www.chat.hatter.hu
(Mondays and Wednesdays 18:00-23:00)
lelkisegely@hatter.hu, hotline@hatter.hu

Legal Aid Service
+361 6333 455 (weekdays 8:00-20:00)
legalaid@hatter.hu

In case of need the services are available in English as well.

NANE WOMEN'S RIGHTS ASSOCIATION

NANE is a non-governmental organization that aims to combat violence against women and children. They provide assistance through their helpline. Please ask about their English speaking helpline operators' availability

via email or facebook message.

www.nane.hu/en
info@nane.hu
facebook.com/NANEegyesulet

Helpline for victims of domestic and sexual abuse: +3680 505 101 (toll free)
Monday, Tuesday, Thursday, Friday:
18:00-22:00, Wednesday: 12:00-14:00

NATIONAL CRISIS MANAGEMENT AND INFORMATION TELEPHONE SERVICE (OKIT)

OKIT's primary goal is to provide assistance to victims of domestic violence, child abuse, prostitution and human trafficking. If necessary, OKIT can arrange safe accommodation for victims.

+3680 20 55 20
(toll-free, 24/7)
okit@csbo.hu
www.bantalmazas.hu

In case of need the services are available in English as well.

